

# Stride and Rested

October

The newsletter of Denmead Striders

2015

**Curry Evening**  
**Friday 30th October - 9pm**

The restaurant is the Pasha Indian and Bangladeshi restaurant London Road Cowplain, Waterlooville. A table for 25 is booked

Meeting at the Spotted Cow, London Road, Cowplain from 6:30pm for drinks. Let Lee Weeks know if you are interested by texting or at the Wednesday night sessions.

The numbers limit is 25, so first come first served, as these nights are very popular.

**Marshalls wanted**  
**Great South Run – Sunday 25<sup>th</sup> October**

If you are interested, please contact Lee Weeks. As well as helping the 30,000+ runners to have a great day, you will also receive a nice running jacket and packed lunch

**Striders Session**  
**28<sup>th</sup> October**

The club will be using a new venue at Berewood, Waterlooville on the above date. Berewood is the new housing development almost opposite Asda, Waterlooville.

The club will still meet at our usual winter venue (Waterlooville Swimming Pool @ 19.00) and after the announcements we will jog to Berewood as a warm-up before starting. The venue is approximately 0.6 mile from the swimming pool and is indicated by a star on the map below.

The 500m interval can either be run on the pavement or road and is an out and back circuit. Although greatly reduced traffic will still be present, so please exercise caution when running.

Whilst we will be some distance from residents, please show courtesy whilst using the venue as the club would like to use Berewood for future sessions.

Finally, the club hopes you enjoy the new venue and any feedback would be appreciated.

**Another triumph for Striders**  
**Mark Pelley**

In conditions perfect for fast running, nearly 200 competitors entered the Denmead 10k on Sunday 18th October and some outstanding results were achieved. The men's course record was beaten by our very own Julian "Scorcher" Manning who sped round the undulating course in thirty four and a half minutes, nearly half a minute faster than the record he set last year. Well done Jules! Gary Armstrong was second Strider home in 5th place overall, which was another excellent performance.

The Ladies achievements were truly remarkable as the first five across the finish line beat last year's winning time. Full results will be posted on the club website.

We were delighted to have Councillor Patricia Stallard to start the race as she has been very supportive of the club in our staging of the race both this year and last.

What made our race so special was the amazing turnout of Striders, who marshalled the event superbly. The response we received from runners after the race was fantastic and many of them said how much they appreciated the support they received from the marshals out on the course. A great deal of work has gone on "behind the scenes" to make the race another success but without the generosity of our brilliant members, we would not have been able to run the race at all. Special thanks to all the children who did an incredible job handing out cookies, drinks and medals to all the runners at the finish line.

We must also thank St Johns Ambulance, Official Timekeepers Malcolm and Pam Rogers, Lead Marshal and race cyclist Lee Weeks, Race Director Richard Gray for his organisational skills, The Race Committee (the aforementioned Mr Gray, Anita Crawley, Paul Hiles, Lee Weeks, Sarah Heard, Alan McVittie, Annali Court and me) and the Denmead Scouts for the use of their headquarters and supplying the runners with drinks and snacks after the race.

Events like our 10k really help put the Striders "on the map" and everyone who helped out provided an amazing advert of just how great a club we are!

GO STRIDERS.



## STRIDING ONTO THE PODIUM Mike Shaw

Club Triumphs at Butser  
&  
RNLI 10k at Eastney  
(weekends of 27<sup>th</sup> Sept and 4<sup>th</sup> Oct 2015)

Striders turned out in force at both the above events, the BUTSER and RNLI both being held in good weather, and a glorious atmosphere more like an Irish Point to Point meeting at Fairyhouse or Navan than Eastney e.g., Dogs and families were abundant and welcome.

Both the events were won by a young chap called Manning, a bit of a surprise, but he looked a good prospect, perhaps one for the future? And he was joined on the podium by Gary Armstrong (3<sup>rd</sup> in the 10k) a really stellar performance. As was Lee Mawson's effort to a podium finish in an 8 mile race, run concurrently with the 10.

Credit also goes to Lee Weeks and Lisa Maria Peckover's whole hearted effort and Graham White's PB in the 10K, another emerging talent?

Terry Aked produced a superb sprint finish and proved that Turkish Cafes can be as conducive to training as those on the Isle of Wight. Good to see many off duty Striders in the throng. Paul, Claire and Issy were prominent. If I have omitted any entries, I am still learning.

